

Do You Want to Live to Be 100 Years Old? Read This

Henry F. Swanback, the oldest Odd Fellow in America, who lives at the age of 100 at Greenwood, Neb., was a boyhood friend of Bismarck. His grandfather lived to be 117. Following are his rules for living to be 100:

"Go to bed early and get up early.
"Never sleep in a heated room.
"Keep fresh air in the sleeping room.
"Sleep out of doors in summer—winter, too, if it can be arranged.
"Drink plenty of fresh water.
"Use very little red liquor.
"As old age comes on take, each morning, a small wineglass of one-third glycerine and two-thirds good whisky.
"Smoke as often as you please, but do not inhale the smoke or blow it out through the nostrils.
"If you are unfortunate enough to lose

your wife get another. It is not good for man or woman to live alone.

"Don't worry over anything. Worry kills more people than disease.

"Keep an even temper at all times. Be cheerful at all times.

"Keep the feet dry and the head clear.

"Never eat meat. A little chicken will not harm one, but must not be eaten too often.

"Eat plenty of fresh fish.

"Do not drink coffee.

"Keep away from sweet stuff. It ruins the stomach and kidneys.

"Take plenty of outdoor exercise.

Walk a great deal.

"Follow these rules, and any normal man, barring accidents, can live to be one hundred."

Men Who Make War Munitions Get More Pay

South Bethlehem, Pa.—A voluntary increase in wages, which will average 10 per cent, was granted the 17,000 employees of the Bethlehem Steel Company today, according to announcement of President E. G. Grace. The increase will go into effect August 1. The monthly payroll of the local company is \$1,250,000. It is believed that the Bethlehem Corporation will take similar action with its subsidiary plants, the Union Iron Works, San Francisco; Fore River Ship Yards, Quincy, Mass.; and Harlan & Hollingsworth, Wilmington, Del. One effect of the increase is expected to quiet whatever unrest there may have been, and also to attract skilled mechanics, some 2,000 more being needed.

Michigan Copper Miners Receive 5 Per Cent Bonus.

Calumet, Mich.—The Wolverine and Mohawk Copper Mining Companies in paying their 1,200 employees today included an extra check for 5 per cent of the total wages of June as a bonus because of the high price at which copper is selling. It came as a surprise to the men.

It was announced unofficially that the two companies might continue to pay the same bonus every month as long as copper remains at 20 cents a pound or better. It was said that several other mining companies will follow this example. The high price of copper is due entirely to the European war.

Shorter Workday and More Pay for Motor Truck Workers.

Supt. L. F. Ayer of the International Motor Company, of Plainfield, N. J., notified one thousand men who are engaged in manufacturing automobile trucks at the rate of six a day for the allies, that beginning tomorrow a day's work would consist of eight hours, and in addition to a 10 per cent wage increase the men also would receive a special war bonus of 20 per cent. The wage schedules cover toolmakers, machinists, machine operators, assemblers and other kindred labor.

This unexpected action has placed a damper on the strike movement which was scheduled for tomorrow by Vice-President J. J. Keppler of the International Association of Machinists.

The change in conditions also will apply to 500 men employed in the Allentown, Pa., branch of the company.

Machinists Strike at Smith & Wesson.

Springfield, Mass.—Fifty machinists employed in the Smith & Wesson revolver plant struck today because of the peremptory discharge of two workmen who had given notice of their intention to enter the employ of another munitions concern.

The Smith & Wesson factory employ between 700 and 800 workmen and is making revolvers for the Canadian Government and parts for the Remington Company of Bridgeport, Conn. The factory is run on a ten-hour basis and has heretofore successfully resisted all labor demands. The striking machinists insist on an eight-hour day and an increase of 50 cents a day in wages.

Will Share Profits With Men.

Bridgeport, Conn.—Notice was given to 3,000 workmen by the Locomobile Company of America today that profits would be shared with them. The plan is to increase wages proportionately with the increase of product.

Firearms Plant to Divide Bonus.

Hartford, Conn.—The Colt Firearms plant here gave notice today that a bonus of 12½ per cent of all wages paid since May 1 last will be divided among the employees.

APPRENTICE PLAN BLOCKED

Public Official Would Flood Australian Labor Market.

COURT INTERFERENCE COSTLY.

Unionist Declares Employers Themselves Would Hardly Frame a Decision So Injurious to Their Workmen.

Sydney, New South Wales, Australia.—Union printers in this city are protesting a decision by Justice Heyden, of the court of industrial arbitration, which will make impossible any system intended to teach apprentices the complete printers' trade.

A wages board, consisting of employers and employees, sustained the union's position that apprentices should not be indentured solely to machine operating for the reason that the boys would not become competent craftsmen without instruction in other departments. The employers appealed to Justice Heyden, who, under the law, has power to set aside the wages board's findings. The court sustained the employers in a decision that President Stanbridge, of the Typographical association, declares "first cuts up the industry and then floods it with apprentices."

Writing in a local labor paper, the unionist says:

"If the intention of the arbitration court were to kill industrial arbitration altogether I am of opinion it has adopted the right policy. The court should not allow itself to become an impenetrable bulwark behind which the employers can securely shelter themselves. Yet that seems to be the position in the judgment just given regarding apprentices. The employing printers of Sydney would scarcely have framed a decision so much to their own liking and so much to the detriment of both journeymen and apprentices."

President Stanbridge calls attention to evidence submitted that the printing industry has not absorbed the number of apprentices previously agreed to by both parties, "and yet," he says, "because some employers desire to fill their offices with low-paid and low-grade labor the number has been raised."

The printers insist that the decision will flood the labor market, as operating a machine is quickly learned, compared with other branches of the trade.

Disappointing.

"I don't think much of Binks' sense of propriety."

"What's the matter now?"

"Last night after the theater I offered to drive him and Mrs. Binks out to their home, ten miles in the country."

"Well?"

"The chump accepted."—Richmond Times-Dispatch.

Described in Detail.

"What did Joan of Arc wear?"

"She wore," answered the girl at the foot of the class, "a suit of steel, trimmed with sheet iron and cut along rather severe lines."—Louisville Courier-Journal.

An Opening.

"There goes the chap who broke the world's record for the hundred-yard dash."

"I wonder if we could get him to come out to our suburb and coach us in sprinting for trains."

All Out.

"How about a little game of freeze-out," asked one of the gang who had dropped in on Jones while his wife was in the country.

"Nothing doing, boys," said the host. "The ice box is empty."

True to Life.

"What's all that noise upstairs?" called the mother. "I thought you were playing house."

"We are, mamma," the little daughter replied. "Johnny is the papa, and he has just come home from the store. I'm arguing with him about money matters."

CHANCELLOR DAY BUTTS INTO FREE SPEECH

San Francisco.—Under the caption, "Free Speech and Correct Opinions," the Evening Bulletin publishes this editorial:

"One most valuable contribution to the subject of free speech comes from the pen of Chancellor Day, of Syracuse University, who says: 'Convictions must be more than honest; they must be correct.'"

"This disposes of the whole difficulty of free speech, whether it be free speech for workmen in 'company towns,' or free speech for university professors. First ascertain, through Chancellor Day and other gentlemen who know what truth is, what opinions are correct, and then suppress those that are incorrect. What comfort to end arguments by bringing forth the official documents certifying to one's intellectual correctness. Political parties will disappear, since only one set of opinions can be correct. Labor unions will be unnecessary, since the correct industrial policy will be found and followed. The poor will no longer envy the rich, since it will, no doubt, be found that great wealth and great want are both proper and correct."

STEEL WORKERS WIN IN BUFFALO STRIKE

Buffalo, N. Y.—Employees of the Seneca Iron and Steel Company at Blasdell, near here, have won their strike and formed a local affiliated to the Amalgamated Association of Iron, Steel and Tin Workers. A. F. of L. Organizer Streifer assisted these workers, who have raised wages from 10 to 18 per cent over former rates. The victory is more than ordinary because the Amalgamated Association has been attempting to organize this mill for several years. It is believed present successes will have an effect on steel workers employed in the nonunion Lackawanna Steel Company, at Lackawanna.

The agreement with the Seneca company provides for a regular wage scale and the creation of a permanent arbitration board to settle disputes. Employees shall designate one of their number to serve on the board. It is further agreed that "there shall be no cessation of work during the deliberation of the arbitration board," and the company agrees that there shall be no discrimination because of union affiliation.

NEED FOR ORGANIZATION.

Topeka, Kans.—Writing in the Daily Capital, Clyde O. Tessner makes this point:

"How is this for prosperous Kansas? Statistics show that in the canning and preserving industries in this state 77.47 per cent of the employees receive less than \$10 per week, 15.48 per cent receive less than \$6 per week, and of those who receive less than \$10 per week 62 per cent are men and 38 per cent are women and children. Their working time averages but little less than ten hours per day. Are we not badly in need of federal labor unions?"

DISASTER PREDICTED BY CHICAGO UNIONISTS.

Chicago.—In notifying President Wilson of the Eastland disaster, which resulted in the loss of approximately 1,300 lives, Secretary Noekles, of the Chicago Federation of Labor, inclosed a copy of resolutions forwarded to the federal department of commerce June 22, 1914, in which an Eastland disaster was predicted.

This resolution of protest against the steamboat inspection service declares:

"We believe the condition of the excursion passenger steamers are altogether too unsafe to be permitted to continue without a most vigorous protest from the federation as a matter of record, in event of any accident in the future, that we, at least, had registered a protest. The crowded conditions allowed will result in the loss of thousands of lives even though tied to the dock."

"We notice in press dispatches that former President Mellen of the New Haven railroad, referred to the coast steamer, as 'tinder boxes.' The same applies here because, as our committee has said, it seems that United States inspectors are more concerned with the vessel owners' interest and support than the protest of the public."

His Specialty.

A certain man of New York, known familiarly as "P. C.," admits that his early school record was not deserving of academic reward. But he got one medal. He grew up in Louisville and there attended a small school presided over by a lady of the old regime, a tender and kind hearted soul. Each year when the last day of school came around the scholars and their parents gathered for the award of prizes, and the gentle schoolmistress could not bear to let any child go disappointed. When commencement day came P. C.'s name also was read out for a special medal. It was awarded "For cheerfulness during the recreation hour."—New York Post.

Why Not Make Free Trip to Frisco Fair

The Labor Advocate has decided to give its friends the opportunity to make some of the most pleasurable trips to be taken in this country, and at no expense to themselves.

Would you like to make the trip to the American Federation of Labor meeting in San Francisco next fall?

Would you like to go to the meeting of the Ohio State Federation at Mansfield, Ohio?

The trip to San Francisco will be made at the time when the great Panama Exposition is in full swing; at the time when all the nations of the world will have their exhibits fully completed, and when the crowds will be at their largest and the city of the Golden Gate in its most gala attire.

The opportunity seldom has been offered to the person of moderate means to take such trip without cost to himself. This trip means a liberal education; it means that you may see all the wonders of modern times, meet and mingle with the peoples of all countries; see the greatest works of art; the most wonderful buildings and electrical effects ever shown; the Chicago and the St. Louis Fairs were as the first steamboat that ran up the Hudson as compared with the present-day trans-Atlantic ocean greyhounds when viewed with what San Francisco will offer to the world this year.

The trip to Mansfield, O., while of lesser importance, also has manifold advantages. Mansfield is a modern little

city, nestling in one of the most beautiful valleys in the world. A week there will give you an outing, free from the smoke and grime of a great city, a chance to "get back to the country" and see the likeness of the old-home town.

Do you want to take one of these trips?

This is how you can do it without cost to yourself:

Popularity Contest.

The one obtaining the greatest number of votes will receive a railroad ticket over any line he may choose, sleeping car fare and \$50 in cash to pay his incidental expenses.

The one receiving the second highest number of votes will receive his railroad fare to and from Mansfield, O., and \$35 in cash.

To the person receiving the third highest number of votes will be given the same railroad facilities and \$25 in cash.

To the contestant getting the fourth highest number of ballots there will be given the same railroad facilities and \$15 in cash.

Does this sound good to you?

Then this is the way to obtain for yourself or your friends these coveted privileges:

Come to Room 34, Thoms Building, Main and Fifth streets, and the details will be explained. It will not cost you a cent to inquire, and it may mean one of the most profitable and pleasurable events of your life.

Suspicious.

"My husband is the most considerate man," boasted the bride. "I never find the house littered up with cigarette butts when I come home from a visit to the country."

"If I were you," said an older married woman, "I'd take immediate steps to find out where he spends his evenings."

Customary.

"Congratulations, Kate! I hear you became engaged while you were at the seashore."

"Of course. I always do."

In Despair.

"Don't you find it an awful expense to have three marriageable daughters on your hands?"

"Yes, and the worst of it is I'm beginning to think they're not marriageable."

BRIGHT BRIEFS.

When peace comes it must come to stay.

If only the belligerents would try laughing gas on each other.

Instead of worshipping dead heroes China might try to find a few living ones.

Still you could hardly say that Italy took the plunge. It was more like wading in.

The poor, says an investigator, have a right to be in style. Well, being poor is in style.

Sometimes it is the fellow who knows all about mushrooms who eats the toadstools.

The fly swatter is numerous abroad in the land, but the unswatted beat him in millions.

It's the son who has to be supported by his father who gives the old man the most advice.

The 2,000-mile talk by wire is wonderful; but, after all, it can never displace the tete-a-tete.

Tom Edison's "telescope" for recording private conversations knocks the legitimate successor to the keyhole industry into the limbo of lost arts.

The farms of the United States produced \$10,000,000,000 during the year 1914, and none of that money is being burned in the form of gunpowder.

Italy's green book is the latest contribution to the chromatic library of war. The white book of peace has not reached even the scenario stage yet.

The federal census bureau informs us that in national wealth the citizens of the United States have \$1,965 each—that is, figuratively speaking.

Ballad of a Gay Cat.

(Chicago News.)

I'm not a regular out-and-outer,
Hope-I-may-die, professional crook,
But ridin' for joy I'm an old through router—

Just hunt up my record and have a look!

And when I am out with a giddy party,
Me at the wheel with a lovely dame,
I do what they like and do it hearty—
To bore your guests is a measly shame.

So when Clarice, as the day was dawning,
Began to droop at my side and sigh,
To keep the dear, who was bored, from yawning,
I outs with my "gat" and holds up a guy!

It ain't, of course, that we needs his money.

But the girls must be amused, the dears!
And they giggle and think it is awfully funny
To take the guy's jools for souvenirs.

Well, one of 'em squawked, and I'm in shady,

And it's over the road, I reckon, for me.

But—"anything to oblige a lady!"
Says old Pal Adam—and you and me!

TIPS FROM TEXAS.

(Dallas News.)

If you are really hungry, you do not demand that the spoon be solid silver.

As a general thing, the woman in the case is the main victim.

Our guess is that when a rich man dies his kin are more interested in his will than his obituary.

Our observation is that the sort of ability that finds inspiration in a bottle draws very little salary, nor draws that little long.

Furthermore, the affinity is about the only fool who thinks he or she can interfere successfully between husband and wife.

PERT PERSONALS.

The Hon. Chauncey Depew has lived to see his jokes tickling the jolly ribs of posterity.—Atlanta Constitution.

There's apparently not a single chance left for Bernard Shaw to create a sensation unless he enlists.—Washington Post.

The sultan of Turkey does not read newspapers. Reliable information cannot possibly please him, and he is in no mood to enjoy the comic sections.—Washington Star.

Some authors are generously endowed with foresight. Arnold Bennett is said to have arranged that all his manuscripts shall go to the British museum. This might be called grabbing posthumous fame by the forelock.—Providence Journal.